



# The Journal

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## Medical Students Learn Leadership During 'Operation Gunpowder'

By Andrew Damstedt  
NSAB Public Affairs  
staff writer

One patient needed a left leg amputated; another needed treatment for intra-abdominal bleeding. Nearby, one more had a collapsed lung and yet another had suffered a traumatic brain injury.

Additional patients downstairs needed to be evacuated to a safe room after a shooter came through a first-floor room at the Uniformed Services University of the Health Sciences (USUHS). Outside, a patient needed to be ferried over a creek.

These and other training scenarios were part of Operation Gunpowder, a two-day course put on by the USUHS Department of Military and Emergency Medicine for third-year medical students.

"We basically got thrown in a stressful situation with minimal preparation. I think what it showed is how we react as a team and as individuals in these situations that we have basically no idea what's going on. I think it showed a lot about ourselves and how we can improve," said Navy Ensign Alex Marrotte, a third-year medical school student. "Ultimately it will make us better when we do have that chance to prepare to be fit and optimal."

One of his teammates on the first day, Air Force 2nd Lt. Alexandra Papp, said that while it was stressful at the time, the training will pay off in the future. Their team was debriefing on their performance in the active shooter scenario, which had four volunteers dressed in cut suits — simulators worn by mock patients that allow actual cutting, suturing, etc., and also produce fake blood to help make the situation realistic.

"There are things that we could improve on that hopefully we'll be able to do better in the future," Papp said, noting that she especially wanted



Photo by Andrew Damstedt

**A team of Uniformed Service University of the Health Sciences (USUHS) medical students take part in the litter-carry obstacle course, in the woods across from USUHS, in which they had to transport a dummy patient over one wall and through the window of another wall, during the adventure race on the second day of 'Operation Gunpowder.'**

to do well in the second-day adventure race.

This is the second year for Operation Gunpowder, a two-day event which takes place twice during the last week in March. The goal is to help build team leadership skills, said event organizer Navy Cmdr. (Dr.) James Palma, USUHS assistant professor.

"We feel this exercise is team-based so they certainly need to look at themselves and see what their leadership or their followership styles are and how they can interact with other people," Palma said. "But they also need to recognize the team dynamics."

During the two days that approximately 160 students weren't participating in Operation Gunpowder, they were taking an Advanced Trauma Life Support (ATLS) class.

"It's been fun," said Air Force 2nd Lt. Hannah Morehouse, who participated in the event after taking the ATLS class. "Now with the team environment it seems like it changes

things, which is fun, and makes it more real."

In the woods outside USUHS, students were taught improvisation techniques and how to build a one-rope bridge to ferry a patient across a creek.

"It's rare that you actually have the opportunity to build one-rope bridges, and to learn the different techniques to help you successfully get across something like this," said Army Sgt. 1st Class Rodrigues Kimbrough, part of the USUHS staff. "This is different. This is not the regular medical training. This is awesome."

Army Lt. Col. (Dr.) Justin Woodson, USUHS associate professor, taught students how to tie knots and supervised them as they built their own one-rope bridge across a stream to transport a patient.

"I'm trying to teach them how to think a little bit outside what they're normally exposed to," Woodson said. "These are not skills that are necessarily critical; it's just getting them to think about the idea: That if I

know that this needs to happen based on my medical training and expertise — can I make it happen when I don't have the infrastructure and resources of the hospital?"

On the second day, the medical school students were put into different teams than the first day to reflect how military teams are always changing, Palma said. The second day was an adventure race, in which students practiced skills learned the previous day with their new team members.

Navy Ensign Camille Eggebroten said the adventure race was a good way to use each others' strengths, and that she enjoyed the more physical challenges like the litter carry and obstacle course.

"I thought it was a really good mix of a bunch of different skills that we've been learning really since we've started, building on each other and getting more hands-on experience and adding a little bit of stress," Eggebroten said. "It was a lot of making sure you

work well with a variety of different people."

The exercise focuses not only on military care, but also leadership, said Army Col. (Dr.) Francis O'Connor, USUHS Military and Emergency Medicine Department chair.

"It integrates a lot of their classroom teaching into a field practical exercise that will pay dividends," O'Connor said. "We're directly translating lessons learned from the combat theater of operations to right here."

Navy Lt. Cmdr. (Dr.) Shannon Reeve, who works at Walter Reed National Military Medical Center's emergency room department, helped teach the students how to treat a patient with a collapsed lung.

"They're improving as they go through each station; you can tell the groups are learning to communicate better with each other, and people are more comfortable in taking a leadership role," Reeve observed. "They seem to be relaxed a bit and having more fun with it, too."

Robin Thrasher, a WRNMMC emergency department nurse, said he brought a nurse's perspective to the training where he helped the students during the traumatic brain injury simulation. One of his goals, he said, was getting the medical school students to trust in the other medical team players after giving them instructions — instead of being hands-on all the time.

"A lot of new physicians, when you get in certain situations, they try to do a lot by themselves; they try to run everything by themselves, to keep track of everything," Thrasher said. "When you get in situations like this so much happens rapidly, they need to learn that you can't control everything by yourself. So there [are] other assets that you need to learn to depend on."

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# Chaplain's Corner

## A Married Jesus! Does it really matter?

The Word became flesh or, as the Good News Translation simply says, "The Word [Jesus] became a human being and... lived among us." (John 1:14). When Jesus became flesh he did not become partly human. Jesus was truly a human man... and Jesus is truly our Savior.

Jesus had blood, sweat, and tears. He ate food, got thirsty and slept. He felt cold, became annoyed, and felt pain. Jesus had a mind to reason and a will to resist temptation. Jesus had friends, experienced loneliness, and even attended friendly parties where he drank wine (like the wedding in Cana). As Christians, we are comfortable with Jesus having emotions. He wept. He got angry. He experienced betrayal and rejection. Jesus had troubles on His mind, He worked, and He got tired, just like the rest of us. Yes, Jesus is very human...that is one of the reasons why we love Him so. He was a human being, just like the rest of us.

The love here is that Jesus became human so that He could be near us, to know us. He is not a sinner. God the Son, took our sins onto Himself on the cross. He became sin for us. Jesus became a human being to save us. Jesus is our Savior.

However, discovering who Jesus really is has spiritually challenged many of our deep-seated assumptions about Jesus' humanity. Over the past century or so, many archeological findings are indicating the Jesus may have had a wife. "Stop! I don't want to hear this garbage." Those were my words when I heard this claim for the very first time. Since then, I've even discovered how many of us dismiss this thought as blasphemous and absurd. The thought of Jesus and sexual intimacy is offensive, right? Or is it? Most people just assumed until recently that Jesus wasn't married. Times are changing. Not only are scholars considering a married Jesus, but now, "an unmarried or celibate Jesus is under fire." (Mark Brumley, June 2006).

"The New Testament is silent on Jesus' marital status. Two evangelists – Matthew and Luke – tell of his miraculous conception, without sexual intercourse, and this asexual origin sets the tone for his entire life." (Francis Watson, Sept 2012). Was Jesus mandated to live a life of celibacy or was that a theo-



**Lt. Christilene Whalen**  
NSAB Command Chaplain

logical truth inserted into Christian thought? Jesus, very human...did He at least feel affection towards the opposite sex? One biblical fact before us is that there were many women in his circle of disciples...so do we absolutely know? Who declared it a sin for Jesus to marry? If Jesus were married, then when did intimacy within marriage become a sin? These are uncomfortable questions and the thought, once upon a time, about 20 years ago, rocked my world.

Now, 20 years later, in what is quickly becoming a post-Christian society, the question still rocks my world. Although it's still uncomfortable to think about a married Jesus, I ask myself, "Does it really matter?" Does a married Jesus, a very human Jesus, change the very divine Son of God who hung on the cross and died for me? No. Is my faith shaken enough to discount how the blood of Jesus trickled down His body and washed away my sins? No.

Does it diminish that he died, was resurrected, ascended into heaven and now sits on the right hand of God as my Advocate? No.

Why even think about a married Jesus, especially during Easter as we remember how much Jesus loves us and how Jesus reconciled us to God the Father? Well, after 20 years of thinking about "a married Jesus," I made a decision to trust in just Jesus, very human; Jesus, very divine.

A married Jesus, doesn't matter much to me; because, as Edward Mote, the hymnologist wrote in 1834:

My hope is built on nothing less  
Than Jesus' blood and righteousness.  
I dare not trust the sweetest frame,  
But wholly trust in Jesus' Name.  
On Christ the solid Rock I stand,  
All other ground is sinking sand;  
All other ground is sinking sand.

So, it doesn't much matter to me about the very human Jesus being married, since being married is a very human thing. What matters is the very human Jesus was also very divine at the same time. What matters is that on Easter, we will celebrate a Resurrected Savior, called Jesus. Hallelujah! Amen.

## Bethesda Notebook

### Lent, Easter Services in Chapel

The Department of Pastoral Care at Walter Reed Bethesda will host Holy Thursday Service, Catholic Mass at 4:30 p.m. today in the chapel. Tomorrow, the chapel will have Good Friday Services at 10 a.m. for Protestant Worship and 3 p.m. for Catholic service. NSAB's Religious Ministry Department will also hold a Good Friday Service with music at the Bethesda USO Warrior and Family Center from noon until 1 p.m. Friday. Sunday, the chapel hosts Easter services for Catholic Mass at 9 a.m., and 10:30 a.m. for Protestant worship. The chapel is in Bldg. 8, first floor. Services can also be viewed on the Chapel and Flag Channel (channel 14) throughout the hospital. For more information, call the WRNMMC Department of Pastoral Care at 301-295-1510, or the NSAB Religious Ministry Department at 319-5058.

### Prostate Cancer Support Group

The Prostate Cancer Support Group meets at Walter Reed National Military Medical Center the third Thursday of every month. The next meeting will be April 16 from 1 to 2 p.m. in the America Building, second floor, Room 2525, and from 6:30 to 7:30 p.m., America Building, River Conference Room, third floor. Spouses and partners are invited. Military ID is required for base access to WRNMMC. For those without a military ID, call Prostate Center at 301-319-2900 at least four business days prior to event for base access. For more information, contact retired Col. Jane Hudak at 301-319-2918 or [jane.l.hudak.ctr@mail.mil](mailto:jane.l.hudak.ctr@mail.mil).

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# Leadership Rolls Out Pillars of Medical Center's Strategic Plan

**By Bernard S. Little**  
WRNMMC Public Affairs  
staff writer

Leadership at Walter Reed National Military Medical Center (WRNMMC) rolled out the third and final phase of the medical center's new strategic plan and icon during town hall meetings March 10 at the medical center.

Focused on Readiness, Quality, Research and Education, the pillars of the plan surround the medical center's one priority, which is the Patient Experience and providing each beneficiary and family member an "extraordinary experience every time," said Brig. Gen. (Dr.) Jeffrey B. Clark, WRNMMC director.

In January, hospital leadership rolled out the strategic plan's foundations of "People" and "Stewardship and Accountability." In February, the WRNMMC's one priority and centerpiece of its plan and icon, "Patient Experience," was highlighted.

During the March town halls, WRNMMC Command Master Chief Tyrone Willis said, "Before you can have a great house you have to have a great foundation. We have a great foundation [because] we have great people, and I expect great things. In order to have



a house, you have to have pillars for stabilization. To have this frame work we need family work, which is team work. We will build this great house, and [our beneficiaries] will come, because it's all about the patient experience."

Dr. Thomas Fitzpatrick, WRNMMC chief of quality and champion for the strategic plan's Quality pillar, explained focus is on the initiative to make the medical center a "High Reliability Organization," and that everyone is involved in quality patient care.

He explained during WRNMMC's Joint Commission survey last month, which evaluated the medical center's quality of health care, patient safety and efficiency of administrative procedures, that there were no systemic findings by inspectors. "We did that because of our commitment to

quality," he continued, adding, "there are things we need to do even better."

"Some things that come to my mind are [reducing] medication errors and hospital-acquired infections. [HROs do not accept errors], and we need to do the same thing," Fitzpatrick continued.

The physician called for increased focus on hand washing compliance throughout the medical center, in addition to staff training in HRO tenets, utilizing procedural checklists and decreasing operational variations.

Col. (Dr.) Michael Nelson, WRNMMC director for education, training and research and co-champion for both the Education and Research pillars of the strategic plan, said although WRNMMC sets the standard in education, training and professional development vital for mission success, there must be a continuous focus on these efforts.

"If we continue to commit in making ourselves better collectively, we'll provide the highest quality care for our patients and train the next generation of health care team members to an optimum standard like no one else in the Military Health System," Nelson continued.

Focusing on the Research

pillar, Nelson said the team is exploring avenues to improve the timeliness of the Department of Research and Internal Review Board approval process, as well as funding for, and publicizing of, research by WRNMMC staff. He said this will provide the greatest potential to benefit WRNMMC patients and improving care.

Navy Capt. Kevin Prince, WRNMMC director for dentistry and champion for the medical center's Readiness pillar, explained how his team is focused on ensuring a "ready medical force that is medically ready."

He said positive patient experiences for beneficiaries at WRNMMC, which begin even before they are seen by health-care providers, drive enrollment and impact readiness. Increasing enrollment helps facilitate encounters, recapture purchased care from private providers, and improve the skill sets of WRNMMC staff to better support the warfighters.

"Everything we do has to relate to increased readiness," Prince added. "That is the overall Military Health System's goal."

Efforts by the Readiness pillar team to improve readiness of the WRNMMC staff include providing training for the Ex-

pert Field Medical Badge; improving access to care for beneficiaries "to facilitate sustainment of wartime skills and continuously infuse additional hands-on and classroom training for medics, corpsmen and all skill-type providers"; providing overview of the most common Navy Warfare/Qualification insignia; providing familiarization with various care environments, such as aboard ship or at combat support hospitals; bettering pre-deployment checklists procedures; and offering small arms familiarization and weapons management.

In addition, Prince added the Readiness pillar team is focused on updating the WRNMMC Emergency Management Plan, publishing an annual training calendar for exercises, and conducting quarterly recall drills.

He encouraged individuals to be ready for deployments, and to help in this effort, a "one-stop" location is being established in the hospital so service members can make sure their health assessments, dental and immunization requirements are up to date.

The next town hall meetings for WRNMMC are April 14 in Memorial Auditorium at 7 a.m., noon and 3:30 p.m.

# US Navy CPOs Celebrate 122nd Birthday

## A Message from Master Chief Petty Officer of the Navy Stevens

Chief Petty Officers,

On April 1st, we will celebrate 122 years of excellence. One thing that CPOs have always excelled at, despite the challenges, is our ability to recognize and implement change.

If I could coin one word for this year's birthday theme, it would be 'progress.' Our Navy is 239 years old - could you imagine where our Navy would be without progress?

We went from wind-powered sails to coal-powered steam. Now we sail under nuclear power. Our aircraft have gone from propeller power to jet power. We went from CPO Initiation to Transition to Induction and now CPO 365.

Without change, there is no progress. Change is not always

easy, but that's OK, because hard is what we do.

George Washington once said, "The harder the conflict, the greater the triumph."

As CPOs, we have the responsibility to ensure our Navy continues to progress - we owe this to our Nation, our Navy and our people.

Chiefs, I can't begin to tell you how proud I am of you. I've had the opportunity to be a member of our CPO Mess for two decades, and I can tell you today with great confidence that our CPO Mess has never been better. You should feel good about who you are, what you represent, and your ability to lead our Sailors.

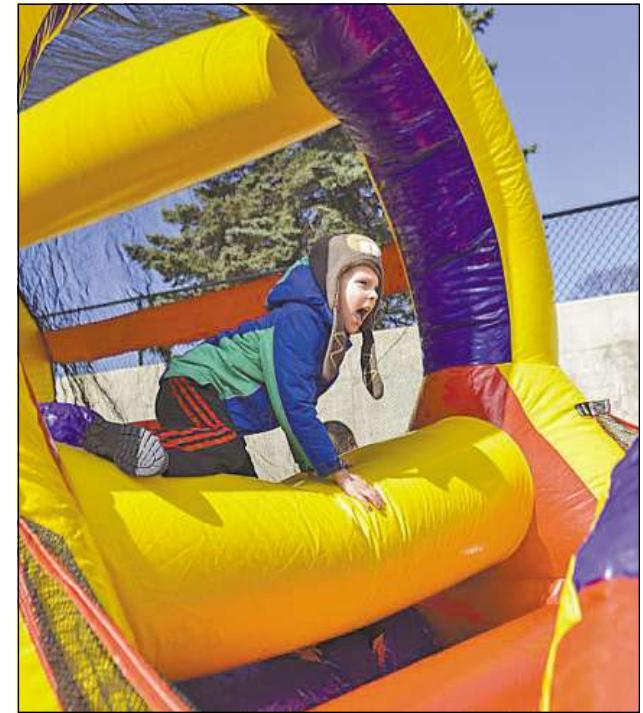
Thank you from the bottom of my heart for 122 years of excellence.



U.S. Navy Photo by Mass Communication Specialist 2nd Class Martin L. Carey

**Master Chief Petty Officer of the Navy (MCPON) Mike Stevens visits with Sailors assigned to Naval Support Activity Mid-South before speaking at the khaki ball Sept. 19, 2014. During his visit, Stevens discussed the enlisted detailing process, toured command spaces, and was the guest speaker at the khaki ball.**

# MWR, NEX Host Eggstravaganza 2015



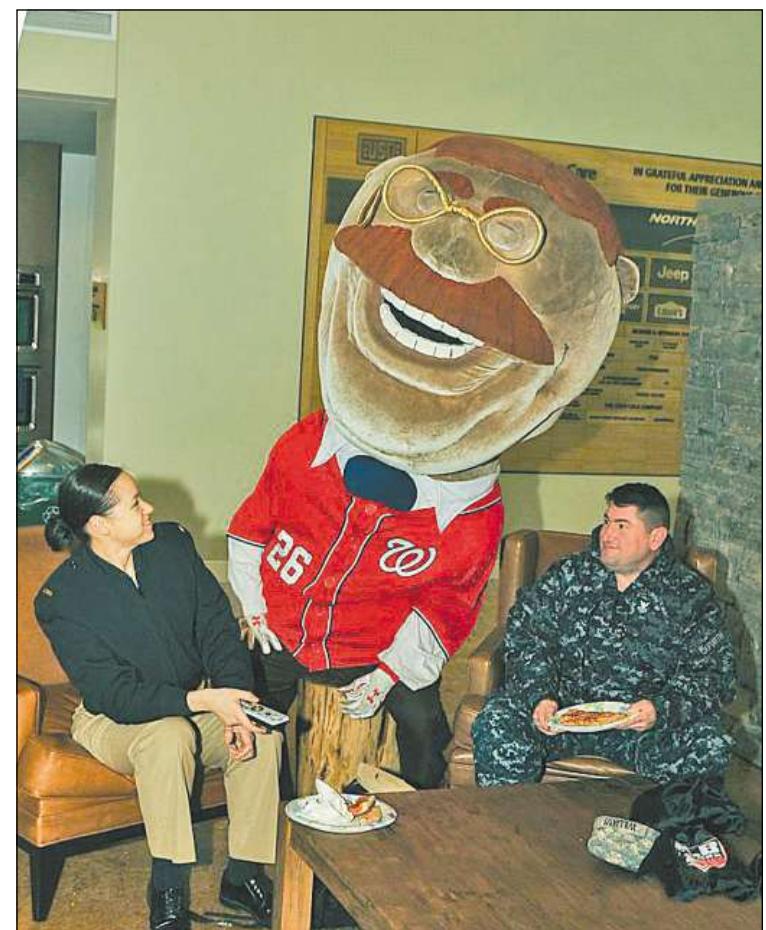
U.S. Navy Photos by Mass Communication Specialist 3rd Class Hank Gettys

More than 350 personnel and their children participated in Naval Support Activity Bethesda's Morale, Welfare and Recreation (MWR) Eggstravaganza event at the Navy Exchange (NEX) parking lot, March 28. The event featured two egg hunts, along with a variety of carnival games and activities, and allowed patrons the opportunity to spend quality family time together. It also gave volunteers from local commands an opportunity to serve the community.



## Washington Nationals Mascots Visit Bethesda USO Warrior and Family Center

Mascots from Major League Baseball's Washington Nationals visited the United Service Organizations (USO) Warrior and Family Center at Naval Support Activity Bethesda March 27 to boost morale as part of the team's '10 Days of Thanks' campaign. Screech, the official team mascot, and Teddy, one of the 'Racing President' mascots, dropped by to help hand out pizza, joke around with service members and pose for photos.



U.S. Navy Photos by Mass Communication Specialist 3rd Class Hank Gettys

# 4 East Nurse Earns DAISY Award

**By Bernard S. Little**  
WRNMMC Public Affairs  
staff writer

"People generally come to the hospital on their worst days, and being able to see them through those rough times, receiving a simple thank you and a smile, are the greatest rewards for me," says Clint M. Lewis, a licensed practical nurse on 4 East at Walter Reed National Military Medical Center (WRNMMC).

Lewis recently received that reward and more when he was chosen as the January DAISY award winner at WRNMMC. The WRNMMC nursing team recognizes one of their members monthly with the award, earned for providing "extraordinary" patient care. More than 1,500 health-care facilities in nine countries celebrate their nursing team members with the DAISY award, established by the family of J. Patrick Barnes. Those earning the honor receive a hand-crafted Healer's Touch sculpture carved in Zimbabwe, a DAISY certificate and cinnamon buns for their unit.

In 1999, Barnes was diagnosed with the auto-immune disease, Idiopathic Thrombo-

cytopenia Purpura (ITP) at age 33, and died shortly thereafter. Appreciative of the nursing care Barnes received during his eight-week hospitalization, his family created the DAISY Foundation and Award for Extraordinary Nurses. DAISY is an acronym for Disease Attacking the Immune System.

WRNMMC began recognizing its nurses with the DAISY award in February 2012, according to Joan Loepker-Duncan, a cardiology service clinical nurse who serves on the award selection committee and helped to bring the recognition from the former Walter Reed Army Medical Center (WRAMC) to WRNMMC when it integrated with the former National Naval Medical Center (NNMC). She explained that patients, their family members and fellow medical center staffers can nominate members of the WRNMMC nursing team for the DAISY award.

For the January DAISY award, Loepker-Duncan said the award committee received 72 nominations, "an all-time high." A patient, who wishes to remain anonymous, nominated Lewis for the award.

"The committee found this nomination outstanding," Lo-

epker-Duncan explained. "The patient had certainly received care from many nursing team members over the past six months [at WRNMMC], and yet singled out this one nurse for excellence."

In nominating Lewis for the award, the patient stated, "I have found all of the staff committed, compassionate, and professional. However, this team member has been especially committed to team 'Me' with compassion, knowledgeable advice on optional therapies and tenacity to get changes in therapy enacted quickly.

"I have been blessed that this nurse was assigned to me for three days following a major surgery and I'm certain [he] is the reason for my speedy recovery," the patient added.

Army Maj. Ruby J. Thomas, service chief of 4 East, called Lewis "outstanding and compassionate, as well as professional. Every patient he has taken care of has nothing but great things to say about his care. He is truly the epitome of what [WRNMMC] Director [Brig. Gen. Jeffrey B. Clark] would like the patient experience to be. [Lewis is] a team

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Photo by Bernard S. Little

**Clint M. Lewis, a licensed practical nurse on 4 East at Walter Reed Bethesda (WRB) demonstrates how to perform an ultrasound as one of his many nursing duties. He recently earned the DAISY Award for Extraordinary Nursing Care at WRB.**

## Walter Reed Bethesda Celebrates Irish-American Heritage Month

**By Bernard S. Little**  
WRNMMC Public Affairs  
staff writer

Walter Reed National Military Medical Center (WRNMMC) celebrated Irish-American Heritage Month with a performance by young dancers from the Hurley School of Irish Dance, along with food and cake during a program in the America Building, March 26.

The medical center's Multi-Cultural Committee sponsored the celebration, as they do with many of the ethnic and cultural observances on Naval Support Activity Bethesda (NSAB). The programs the committee coordinates are held to enhance cultural awareness and understanding of the diversity at WRNMMC, NSAB and its tenant commands, as well as foster esprit de corps, according to Hospital Corpsman 2nd Class Buddhika Abeyratne, the committee's president.

Since 1991, U.S. presidents have proclaimed March



Photo by Mass Communication Specialist 1st Class Christopher Krucke

**Dancers from the Hurley School of Irish Dance perform during the Irish-American Heritage Month celebration at Walter Reed National Military Medical Center March 26.**

as Irish-American Heritage Month to recognize the contributions Irish immigrants and their descendants have made in forming America. The observance coincides with the Irish national holiday of Saint Patrick's Day, celebrated around the world on March 17 to

honor the patron saint of Ireland credited with introducing Christianity to the country. March 17 is the date recognized when Saint Patrick died during the 5th century.

In his 2015 proclamation for Irish-American Heritage Month, President Barack

Obama stated, "The vibrant culture and rich heritage of the Irish people shaped many of the earliest chapters of America's story. Our common values and shared vision for the future laid the foundation for an eternal friendship between Ireland and the United States, and to

day, daughters and sons of Erin continue to enrich our Nation. This month, we reaffirm the bonds of affection between our two great countries, and we honor the courage and perseverance of the Irish-American community."

Nine signers of the Declaration of Independence, more than 20 of George Washington's generals, America's first commissioned naval officer, over 190,000 Irish-born Americans who fought in the Civil War, journalist Nellie Bly, teacher-astronaut Christa McAuliffe, retired astronaut and Air Force Col. Eileen Collins, more than 250 Medal of Honor recipients, and more than 20 U.S. presidents are of Irish descent, according to the website [irishamericanheritagemonth.com](http://irishamericanheritagemonth.com).

Dancers from the Hurley School dressed in a variety of brightly colored outfits and performed a number of well-synchronized and energetic

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player, an exceptional clinician and a great person."

Assistant Service Chief of 4 East Army 1st Lt. Paul Willms also describes Lewis as an outstanding nurse. "We are lucky to have him on our team," the lieutenant added.

Lewis, a native of Bishopville, S.C., says his team on 4 East is "awesome and always willing to lend a hand."

"I really enjoy helping others," Lewis continued. "After being a combat medic for several years, I wanted to learn more about the human body, which really fascinates me," he explained about furthering his education to become a licensed practical nurse nearly six years ago.

He first worked at WRAMC and moved with the integration to

WRNMMC. "I was on active duty at the time, having been assigned to WRAMC in 2009."

Concerning his recent accolades as a DAISY winner, Lewis says, "I'm really not a center-stage person, so this is somewhat of a challenge for me. I came here to provide care to the best of my abilities to our nation's heroes and their families, and I'm really not looking for any recognition, although I am thankful for programs like [DAISY]. Nursing can be challenging and demanding and [DAISY] reminds nurses that our patients are thankful for the care and compassion we provide."

"I would like to thank [Director of Nursing Services] Col. Ray Antoine and the nursing leadership who took time out of their busy schedules to come and present this award to me, and thank the family of J. Patrick Barnes for making his legacy that of an appreciation for nurses," Lewis added.

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routines to traditional Irish music for the WRNMMC community last week during the observance. The dancers performed reel and jig Irish dance styles.

Following the dancers, members of the Multi-Cultural Committee served attendees traditional Irish dishes, including Shepherd's pie and bread pudding.

"The Multi-Cultural Committee works hard to put these events together, and I would like to thank each member for his and her contribution," Abeyratne stated.

Hospital Corpsman 2nd Class Heather Toptsidis, assistant leading petty officer for Executive Medicine, works on the committee and said she feels the events boost morale.

"[They] give people the opportunity to get away from where they work, relax, see something that they may not normally get to experience, get food, as well as see leadership and others from around the command," Toptsidis said.

"We would like more people to be involved with the Multi-Cultural Committee," Toptsidis continued. "We have meetings every Thursday at 11 a.m. in the Pastoral Care Conference Room. The whole purpose of the [committee] is so people can learn and share [information] about other ethnicities and backgrounds they might not otherwise be exposed to," she added.

The committee's next scheduled activity is a tour of the Holocaust Museum in Washington, D.C. in observance of the Day of Remembrance on April 30. For more information, contact HM2 Travis Silvey at 301-295-4270 or at [travis.j.silvey@mail.mil](mailto:travis.j.silvey@mail.mil).

# STUDENTS

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Navy Hospital Corpsman Thong Nguyen, who helped evaluate the students' performance during the active shooter scenario, agreed with that sentiment.

"It shows the students what the hospital corpsmen, the guys like me and all the combat medics, what we go through when we're out there, because the doctors rarely ever see it so they could ac-

tually relate with us," Thong said.

Robert Vocke, a research scientist who volunteered to help teach the one-rope bridge course and improvisation techniques, said the students did a good job thinking outside the box.

"I don't think we're trying to teach 'This is the way you do it, there's only one way,'" he said. "We're trying to get them to realize where the safety points are, where the critical points are, and to apply those in a logical way and use the entire memory of the group."

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## Corpsman Recognized for Life Saving Efforts



U.S. Navy photo by Karen Wolfe Hendrix

**Hospital Corpsman 2nd Class Ian McClanahan, right, received the Navy and Marine Corps Lifesaving Medal on Wednesday, March 18 at the Semper Fidelis Memorial Chapel, National Museum of the Marine Corps, Quantico, Va.** Marine Col. Kenneth M. DeTrex, commanding officer of the 8th Marine Regiment at Camp Lejeune, N.C., presented the Navy and Marine Corps' highest peacetime award for heroism on the second anniversary of McClanahan being injured during a training exercise. McClanahan cleared his own airway and began treating other injured Sailors and Marines. He refused medical help so medics could treat others more seriously injured. The medal is awarded to any person who, while serving in any capacity with the U.S. Navy or the U.S. Marine Corps, distinguishes himself by heroism not involving actual conflict with the enemy, for acts of lifesaving or attempted lifesaving, at the risk of one's own life. McClanahan is attached to Walter Reed National Military Medical Center and the Navy Wounded Warrior-Safe Harbor program, both located in Bethesda, Md.

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